



June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<p>June's theme: Diversity: Celebrating our uniqueness!</p>	10:30-11:00 Stretch bands 11:00-12:00 Personality quiz 1:00-2:00 Banner craft	10:30-11:00 Clip chat 11:00-12:00 Fixed mindset Vs Growth mindset 12:30-1:45 PRRC BINGO	10:30-10:50 WTD 11:00-11:30 Nutrition with Corrina 11:30-12:00 Nutritional trivia activity 1:00-2:00 PRRC BINGO	10:30- 11:00 Highs N lows 11:00-12:00 PRRC Belmont stakes race & refreshments 12:30- 2:00 NAMI Connections
7	8	9	10	11
10:30-11:00 Clip chat 11:00-12:00 Healthy Mood boosters 1:00-2:00 Family Feud	10:30-11:00 Stretch bands or walk 11:00-12:00 Help for impulsivity 1:00- 2:00 Summer craft	10:30-11:00 Quote 11:00-12:00 Attention seeking behavior? 1:00-2:00 Team building wheel	10:30-10:50 WTD 11:00-11:30 Nutrition with Corrina 11:30- 12:00 Budgeting for Nutrition 1:00- 2:00 Culture shock	10:30-11:00 Highs N Lows 11:00-12:00Lemonade social- group discussion 1:00-2:00Teambuilding Competition, corn hole & ladder golf
14	15	16	17	18
10:30-11:00 Current events 11:00-12:00 Dependent personality disorder 1:00-2:00-Jeopardy	10:30-11:00 WTD 11:00- 12:00 Benefits of hobbies 12:30-2:00 Suncatcher craft	10:30-11:00 clip chat 11:00-12:00 Outside of the box-Role play 1:00-2:00 Better communication: Communication styles	10:30 -11:00 Meditation 11:00-11:30 Nutrition with Corrina 11:30 -12:00 Juicing benefits 1:00-2:00 DBT skills	10:30-11:00 High N Lows 11:00-12:00 Karaoke or group discussion 12:30- 2:00 NAMI Connections
21	22	23	24	25
10:30-11:00 Walk or MS 11:00-12:00 Learning styles 1:00-2:00 Scene It (team building)	10:30-11:00 Quote 11:00- 12:00 Learned help lessness 1:00-2:00 Paint N Sip	10:30-1:30 Lunch N Fun With Georgia Smith "Manipulation & Abuse" (Sign up by 5/16)	10:30-11:00 Deep breathing 11:00-11:30 Nutrition with Corrina & activity 1:00- 2:00 Stages of change	10:30-11:00 Walk or chair exercises 11:00-12:00 Open Mic journaling or Karaoke 1:00-2:00 Scene it
28	29	30		
10:30-11:00 Current events 11:00-12:00 Entitlement 1:00-2:00 Trivia crack	10:30-12:30 Movie & snacks "Captain Marvel" 1:00-2:00 Positive influences	10:30-11:00 Culture share 11:00-12:00 Cooking Lesson 1:00-2:00 Grief support		

